



Trooper's Lifeline

From the desk of the 1st Cavalry Division Surgeon

16 MAY 2006

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Unleashing the Facts on Cutaneous Leishmaniasis

As another deployment looms in the near future, it is time to take action to prevent one of our smallest enemies from compromising our medical readiness. No bigger than a gnat, the sand fly has gained the reputation for causing a nasty skin disease known as Cutaneous Leishmaniasis that has affected thousands of soldiers since 2003. The infected area appears as a non-healing ulcer lasting months to



years if untreated. The infected sites is commonly referred to as the "Bagdad Boil".

Leishmaniasis is spread by the bite of some

types of phlebotomine sand flies. Sand flies become infected by biting an infected animal (for example, a



rodent or dog) or person. Since sand flies do not make noise when they fly, soldiers may not realize they are present. Sand flies are very small and may be hard to see; they are only about one-third the size of typical mosquitoes. They are usually most active in twilight, evening, and night-time hours (from dusk to dawn). Sand flies are less active during the hottest time of the day. However, they will bite if they are disturbed, such as when a person brushes up against



When you log on to AKO, does it say your deployability status is **Green?**

Individual Soldiers can ensure they are ready for war by logging on to their AKO homepage and following the "My Medical Readiness" link. Items that do not display the familiar **GREEN** stoplight should be reported to their Chain of Command for immediate action. Just remember,

BEFORE YOU GO, CHECK AKO!

Healthcare for Heroes!

a tree or disturbs damp sand where they are resting. Sand flies also attack in swarms, some soldiers have received hundreds of bites in one night.



Since 2003, the military has had over 1,500 positive cases. All positive cases were MEDEVAC from Iraq to Walter Reed to receive a potent antibiotic treatment that was closely monitored for 30 days. Cur-

rently, mild cases are being treated in country, while more severe cases are sent to either Walter Reed or Brooke Army Medical Center. Fortunately, the numbers of positive cases are on the decline. This reduction is contributed to education, uniform treatment, use of deet repellents, improved living quarters, and use of air conditioners and less time sleeping outdoors.

What can I do to reduce my soldiers risk of contracting Cutaneous Leishmaniasis?

- If possible, limit outdoor activity at dusk and dawn, when the sand fly is most active.
- Educate soldiers on the risk and how to protect themselves. Encourage them

to seek medical attention if they are concerned about a wound, lesion, or ulcer on their bodies.

- Enforce the use of the DoD insect repellent system, which includes uniform treatment with permethrin, deet skin lotion, and proper wear of the uniform.
- Treat uniforms prior to deployment. The IDA kits will protect the uniforms for up to 50 washings.
- Enforce the use of treated bed nets when sleeping outdoors. (Sand flies are small enough to penetrate the pores of a standard bed net, so it must be treated with permethrin prior to deployment).
- Unit Field Sanitation Teams are trained on the uniform treatment procedures and can assist commanders.
- For more information on uniform treatment, leishmaniasis, or other vector borne diseases, contact your Brigade Environmental Science Officer.



For more information, log onto:

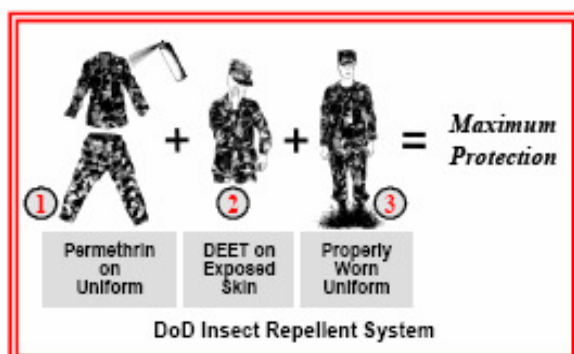
<http://chppm-www.apgea.army.mil/news/Leishmaniasis.asp>

Just the Facts...

DoD Insect Repellent System

"Did you know that whenever nations send troops into battle, more troops are taken out of action by disease and non-battle injuries than are injured in combat? Many of the disease injuries result from germs passed by the bites of insects and their relatives. Don't let yourself be pestered by insects, or worse, become a casualty due to a bug-borne disease."

Armed Forces Pest Management Board



Q. How can I protect myself from being bitten by insects?

A. Help prevent the disease, pain, and annoyance caused by the bites of insects (such as mosquitoes and sand flies) and other arthropods (such as ticks and chiggers) by using personal protective measures (PPMs).

● For optimum protection, military personnel should utilize the **DOD INSECT REPELLENT SYSTEM**:

① Treat your uniform with the standard military clothing repellent (permethrin). Use the IDA kit (NSN 6840-01-345-0237). This product is a permethrin impregnation kit that contains 40-percent permethrin. One kit treats one uniform, and the treatment lasts through approximately 50 washes (generally considered the combat life of the uniform). If the IDA kit is not available, use the Aerosol Spray Can, NSN 6840-01-278-1336, 0.5-percent permethrin, one application of approximately 3/4-can lasts through 5-6 washes. Treat your uniform **PRIOR** to deploying. Follow all label directions.



② Apply a thin coat of the standard military skin repellent (DEET) to all areas of exposed skin. Use NSN 6840-01-284-3982, 33% controlled-release DEET lotion, one application protects for up to 12 hours depending on the climate. Follow label directions.

③ Wear your uniform properly; it acts as a physical barrier against insects. Wear the sleeves rolled down. Close all openings in your clothing that might provide access to insects: tuck pants into your boots, and undershirt into your pants. Wear your uniform loosely, because some insects, such as mosquitoes, can bite through fabric that is pulled tight against the skin.

● These DEET and permethrin products are the most effective repellents available and they have proven safety records.

**IT IS
DoD POLICY!**

Am I required to use the DoD Insect Repellent System?

YES, it is military policy that the DoD Insect Repellent System and other personal protective measures (PPMs) be utilized by service personnel when they are in situations where insect exposures is likely. In December 1998, the Joint Chiefs of Staff directed that PPMs be utilized during all deployments. In October 2001, the Army incorporated PPMs into its basic training (Soldier's Manual of Common Tasks, Skill Level 1, STP 21-1-SMCT). And, in April 2002, the Under Secretary of Defense requested that PPMs be included in the basic training manuals of all military services. The Armed Forces Pest Management Board's (AFPMB) Technical Guide No. 36, "Personal Protective Measures Against Insects and Other Arthropods of Military Significance," provides detailed information about the DoD Insect Repellent System and other PMMS. In addition, most Operational Plans/Orders include utilization of the DoD Insect Repellent System/PPMs.

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FIRST TEAM!

**The Division Surgeon Section
plans, coordinates, and synchro-
nizes all medical assets assigned
and attached to the
1st Cavalry Division to provide
flexible and uninterrupted
division level combat health
support on an area basis through-
out the Division's area of
operations.**

http://www.hood.army.mil/1cd_surgeon/